

Ultimate You: A 4-Phase Total Body Makeover For Women Who Want Maximum Results By Joe Dowdell

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Ultimate You. When Hollywood s brightest stars need to shape up, With a 4-phase plan that maximizes weight loss, you won t have to log excessive time in the gym.

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"Ultimate You" is typically the kind of diet book that turns me off. Any book that is hyped according to doctors or trainers living in glamorous cities usually is a

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